

*Girls weekend at the Beach?
OR Life changing experience?
Either way you will come
home a new woman!*

When Dr. Cooper invited me to participate in her very first NET Beach Retreat, I decided to go for two reasons. First: I am student of natural health, so I thought the NET retreat would be a good way to learn about natural therapies. Second: I am a stay-at-home mom with a two-year old son and a four-year old daughter, so I thought it would be a great way to relax and rejuvenate. I never dreamed the six days in Florida would change my life! I had no idea how profoundly NET would effect me. The retreat was truly transforming! I thought to myself prior to leaving for the trip, "I am a pretty well adjusted person, I don't really need a lot of NET." Boy was I wrong. The things you learn about yourself during the NET sessions are profound. You let go of old programming and reinvent the way you look at the world and yourself. You become comfortable in your own skin – even when you thought you already were!

Dr. Cooper is a real, down-to-earth person who connects effortlessly with others. The time spent with her and the other women who participated in the retreat was wonderful. I went to Florida with four strangers and came home with four friends. It was the best investment I have ever made in myself.

Stephanie Cook



**Wholistic
WELLNESS**
CLINIC, P C

Dr. Terri Cooper, owner

Doctor of Chiropractic
Certified Chiropractic Sports Physician
Licensed Acupuncturist
Certified NeuroEmotional Technique

319-365-1141

1500 Center Street NE

Cedar Rapids, Iowa 52402

Tcoopdc@aol.com

www.WholisticWellness.com

Relax

Restore

Rejuvenate

Reinvent

..... Yourself

Dr. Cooper's

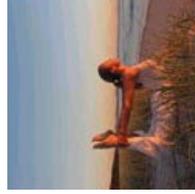
NET

Beach Retreats



What you can expect:

Dr. Cooper opens her home and her heart to you. The NET retreats are held at Dr. Cooper's beach home located in Madeira Beach, Florida. Guests stay in one of the two guest bedrooms. (Both bedrooms have adjoining bathrooms.) Early mornings will be spent walking on the beach and doing guided meditation. You will spend a portion of each day in private NET sessions with Dr. Cooper. Breakfast and lunch will be available at the house and dinner will be your opportunity to explore some of Madeira Beach's most popular eateries. These retreats are an intimate engagement with yourself.



The Healing Power of NET:

Neuro Emotional Technique (NET) is a non-invasive technique that helps restore balance throughout the body. It addresses the emotional component of health in a safe, effective, physiological way with spinal and meridian adjustments. The Neuro Emotional Technique is a methodology used to normalize unresolved physical and/or behavioral patterns in the body. NET practitioners, like Dr. Terri Cooper, are

trained to assist the body's healing process by identifying and balancing unresolved emotional influences. NET is a safe, effective and natural way to instantly resolve long-standing health problems that have an emotional component. After NET sessions, many patients report feeling that a heavy weight has been lifted from their shoulders. NET is a powerful tool for healing!



There will be plenty of private time for rest and relaxation. You can take a stroll (or nap) on the beach, catch up on some reading or explore some of the specialty shops at John's Pass Village and Boardwalk. You may even have time for a massage. Staying at Dr. Cooper's home is like visiting a Bed & Breakfast with fringe benefits!

About Dr. Cooper:

Dr. Terri Cooper has been a Doctor of Chiropractic and a licensed acupuncturist for more than 14 years.

She is the only Certified NeuroEmotional Technique physician in Iowa. Her practice, the Wholistic Wellness Clinic, is located in Cedar Rapids where she specializes in

healing the body through natural means. She is married and has three children, which adds wonderful character to her full life.